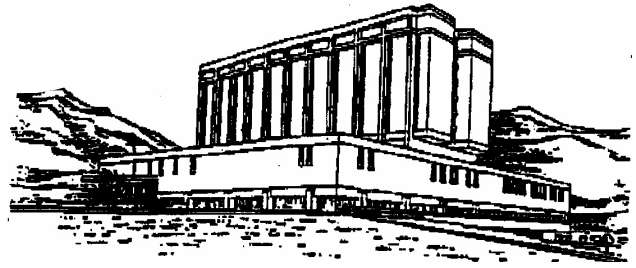


# WBAMC

## FAMILY READINESS GROUP NEWSLETTER

SEPTEMBER/OCTOBER 2005

VOLUME 2, ISSUE 5



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## News from the Front

### O Day in Iraq

By 1LT Michele Littrel

"Well, one thing is for sure, we don't have to worry about getting rained out on this Organization Day", was one of the comments I heard as we were planning out the agenda for the B Co 228 CSH Organization Day. The main objective of Organization Day is meant to be a team building exercise as well as a morale booster and to increase unit cohesion and esprit-de-corps.

The day started off beautifully, with a Pyramid Race that involved soldiers to make teams of 6 and then perform various tasks as they ran relay-style between the bunkers. Competition was steep, but the S-6 shop came out on top. Then a few highly motivating words were said by the Hospital Commander, COL Walker, as well as by Chaplain Hurst and CPT Palfini, Company Commander.

Other events that took place were a volleyball tournament (where Motorpool secured 1st place), a litter race involving LT Gliba (S-1) in full battle gear (we are talking close to 300lbs here!), a "gator" push, push-up and sit-up contests (congrats to SGT Davidson in Dental and SPC Shaw in S-6), and an awesome Tug-of-War competition that was grueling just to watch!

Everyone ate until they almost burst- NCD provided an amazing spread of BBQ goodies and decadent desserts...they even secured us some "near beer"! The meals were served out assembly line style by the "brass" in the CSH...sweet huh?

The day wound down about 1700hrs, with some closing comments from the 1SG and Commander, as well as award certificates being presented for the winning teams. All in all, it was a great success because of our soldiers- highly motivated and "Always Out Front".

*1LT Michele Littrel is a DON profis Nurse with the 228th CSH.*

## Hurricane Katrina News

The Family Programs Offices for all military service branches have partnered to set up a Military Family Locator website and call center that will allow military families to submit their information on their whereabouts and situations. The call center will be staffed 24X7 by representatives of all service branches.

<http://www.militaryfamilylocator.org>

or 1-888-777-7731

## Calendar of Events

Sept. 12	FRG Monthly Meeting 0930--Surgical Conference Room
Sept. 15	OCSA Monthly Meeting POC Barbara 562-3947
Sept. 16-18	Berman Oktoberfest
Sept. 20	FRG Evening Meeting 1800 in the CAR
Sept. 27	WBAMC Health Care Forum ACS 0900-1100
Oct. 3	FRG Monthly Meeting 0930—Surgical Conference Room
Oct. 4	NCOWC Monthly Meeting POC Jan 851-2311
Oct. 13	FRG Sponsored Blood Drive 1000-1400 in the CAR
Oct. 15	Farmer's Harvest Market 0900-1400 at Old Fort Bliss
Oct. 18	FRG Evening Meeting Time & location TBA
Nov. 5-6	NCOWC Fall Bazaar
Nov. 7	FRG Monthly Meeting 0930—Surgical Conference Room

## This and That

- **Fridays are "Wear Red Day" to show support for our deployed troops.** Show your support and wear red. Pass the word.
- WBAMC Wellness Center has move to the Welcome Center (building 505). In conjunction with the expansion, the WBAMC Wellness Center has closed. All services previously provided by the WBAMC Wellness Center are now being provided at the Ft. Bliss Welcome Center, SFMC at Building 2496 at the corner of Ricker Road and Jeb Stuart Road.
- **It's not too late to check out Sea World for free admission for military and up to 3 family members.** Check it out at <http://www.herosalute.com/cavatz/index.html>
- ANZAC Cookies  
(<http://www.vfw.org/resources/pdf/cookbrochure.pdf?SITE=VFW>)  
Australian and New Zealand Army Corps (ANZAC) Cookies were started in 1916 by a group of women who made them from **"whatever they could find" to help support their troops against the Germans.** Today they are being made again and are for sale in stores and direct from the VFW to support our troops.

## Helpful Information:

**Family Assistance Center—568-1132**  
**Red Cross—568-4898 or 1-877-979-8277**  
**New WBAMC Appointment Number**  
**(Beginning Oct. 3) will be 569-CARE (2273)**



There are several places on post available to reserve for your group meetings:

- Junior Enlisted Center 568-7291
- OCSA Clubhouse 562-3947
- Country Junction 562-SHOP



The FRG Newsletter is now online!

<http://www.wbamc.amedd.army.mil/frg/FRGMain.html>

If you would like the newsletter sent to you via e-mail, please contact Mary Fran LeMar at [LEMARHO@AOL.COM](mailto:LEMARHO@AOL.COM)

## Kudos...

**Goes out to COL Leech, LTC Leech, Cindy Barrington, Debbie Kembro, and SGT Ron Magalong for all their help with the "Brass Bartending Event" the FRG sponsored in August. Thank you to all who were able to come and support your FRG!**



A Pre-Deployment Brief for all of our deploying Beaumont soldiers was held on Tuesday, August 23, 2005. Approximately 20 personal were in attendance as well as many family members.



## News from the FRG

Well we have finally made it through the chaos of school starting, the added list of school supplies and maybe for some, getting the house back to where it was in May! The military spouse has many hats to wear and you do it wonderfully.

Thank you to all who have helped with the activities over the summer. They all went very well. Cindy Barrington did a great job of organizing our Brass Bartending Welcome. Our group who welcomed our returning soldiers home did a great job and brought many smiles to their faces.

September will be a busy one but I hope you will put the FRG on your list. We have several positions still open. We will once again try to get the phone tree up- dated with all of your emails/phone numbers. We still need POCs for some departments/divisions. So you can see we have many places that need help. This is a good way to meet new people.

We will have a night event September 20 to start off the new year. We will have several speakers who will expose us to several activities on Ft Bliss as well as El Paso. It should be fun. Hope to see you there. Children are welcome.

Lastly I would like to thank our newsletter editor, KC Rhon who has done a wonderful job of putting together a lot of information for you over the year. She will be trading her computer for motherhood. We really have appreciated what she has done for the FRG. Good luck, KC!

Mary Fran LeMar  
[Lemarho@aol.com](mailto:Lemarho@aol.com), 585-1975

### **ICE Campaign**

Following the London bombing, an English Ambulance Service launched an international "In Case of Emergency (ICE)" campaign, as they have discovered that at almost every accident scene there is a working mobile/cell phone on the victim(s).

The idea is that you store the word "ICE" in your mobile/cell phone address book, and against it enter the number of the person you would want to be contacted "In Case of Emergency".

In an emergency situation ambulance, paramedic, police and/or hospital staff will then be able to quickly find out who your next of kin are and be able to contact them. It's so simple that everyone can do it. Please do it now.

You are cordially invited to the  
attend the September evening FRG  
Meeting

When: Sept. 20 @1800

Where: In the CAR

Highlights: Several speakers will  
discuss opportunities for us on Ft.  
Bliss and in El Paso. You will also  
have an opportunity to meet the new  
WBAMC chaplains.

There will be door prizes and  
refreshments!

### **More on the Hurricane Katrina Effort...**

Donations may be made through:

- [www.redcross.org](http://www.redcross.org)
- 1-800-Get Help
- 1-800-Help Now
- Local—592-0208
- 1-800-257-7575 (Spanish)
- WBAMC American Red Cross, 4<sup>th</sup> floor Bradley Bldg
- **Please note that several fraudulent websites have emerged to prey on the generosity of others. If you wish to donate please contact a know organization yourself (such as those above) and do not respond to any mass emails.**

Volunteers are needed to read to children housed at the El Paso conventions. Call Barbara Rodgers at 849-3940 ext. 2112 or 309-0336 for more information.

Welcome to our new newsletter editor team, Sheila Theune and SGT Garcia, Cardiology. Thank you for stepping up to the plate.

### FRG Officers:

Tina Leech	Advisor	
Mary Fran LeMar	Coordinator	585-1975
Cindy Barrington	Assistant Treasurer	566-1953
Sheila Theune	Newsletter Editor	584-5613
Debbie Kembro	Secretary	822-9390
Mary Fran LeMar	FRG POC	585-1975

## Dealing With the Stresses of Deployment

The spouse that stays behind during a deployment undergoes a great deal of stress. How we deal with these upheavals can make all the difference in the world. You may find that while your spouse is deployed, you experience symptoms of stress and are unable to manage these symptoms as well as you would like to. Fortunately, there are some ways to deal with these indicators on your own that may make dealing with a household alone or as a single parent a little more bearable. Understanding what you are dealing with will help begin the process. This article will describe the effects of cortisol and exercise induced endorphins on the stressed individual as well as the benefits of exercise for that person.

Symptoms of stress can include - tight neck and shoulders; headaches; upset stomach; fatigue; rashes; teeth grinding; chest pain; and more. Stress can result in feelings of depression, anger, apathy, low self-esteem and impatience among others. Stress can cause overeating, smoking, drinking, forgetfulness, and other problems. Do you recognize any of these symptoms? It may be time to take some time out for yourself and take care of your own body whilst you take care of the rest of your families needs.

Taking care of your body is just as important as taking care of your mind. If you can keep your body in balance, it makes it easier to gain control of your thoughts and emotional stresses at the same time. Did you know that stress can actually cause weight gain? When we are stressed out- we tend to eat more often than normal. The reason for this occurrence is a stress hormone called cortisol that is needed and used by every cell in our bodies. Cortisol is made by our adrenal glands and is used to help our bodies release sugar into the bloodstream when immediate energy is needed. In any situation where you need additional energy, whether it be running, walking, or any other period of stress on the body or mind, cortisol helps to release the energy used to manage these situations. Obviously cortisol is a requirement for our body but sometimes, during periods of stress, there is an unbalance that occurs. When we are stressed- our bodies release cortisol to respond to the need for energy. Once that occurs, our bodies get a message that those sugars need to be replenished. As you can see, this leads to a vicious cycle resulting in the consumption of sugars in order to placate our bodies need to be restocked after a sugar release due to stress. What can be done to stop this cycle? Well- understanding the issues at hand and admitting to being stressed out are the first things that you can do for yourself. Once that has been accomplished, you can learn what outlet suits you best for dealing with the stress of being a single parent with the weight of the household on your shoulders.

One outlet that has been proven to aid in stress relief is exercise. Studies have shown that patients in exercise and stress- management groups have lower average depression scores and reduced distress scores compared with patients who were not exercising. Once again, natural occurrences in our bodies contribute to the effects on stress. Endorphins are naturally occurring chemicals in our brains that function in the transmission of signals within our nervous system. Endorphins interact with receptors in our brain to reduce our perception of pain and stress- believe it or not they a similar action on the body as do such drugs as morphine and codeine. In addition to relieving symptoms of stress, endorphins also lead to feelings of euphoria, decreased appetite, and enhancement of the immune system. Endorphins are released in the body in response to prolonged, continuous exercise.

If you are skeptical, there is no harm or cost in giving it a try. You will find that exercising 3-4 times a week for 45 minutes or more (this includes any type of exercise that will increase your heart rate) will help you deal with the every day stress that you are dealing with. Once you have activated your endorphins, you will find it easier to undertake the super-parent tasks of getting the kids to eat their dinner, finish their homework, getting them bathed and off to bed and finally getting that alone time to do the oh-so-lovely job of cleaning up to get ready for yet another day of single-parenting. Once you get into an exercise routine, you will find that you crave that time of day when you take time out the most important time for your own self. You will find that you can give your family a whole lot more when you are giving yourself time to manage the stress.

Written by Sarah Cho, Spouse in the Ortho Department



Fort Bliss offers active duty and their spouses an outstanding and extremely affordable group fitness program. All instructors are certified and there are certified personal trainers on staff as well. This service was put together for you the military serviceman and spouses. Take a look at the class schedule and come in and see what it has to offer you to help you reach your exercise goals. If you are interested in coming in for a free class and/or would like a more detailed class schedule with class descriptions, please email Sarah Cho at [cdngri15@yahoo.com](mailto:cdngri15@yahoo.com). Spinning/Group Cycle classes will be added to the schedule after Labor Day. You can also visit Fort Bliss MWR at <http://www.blissmwr.com/Recreation/classes.htm> for an up to date schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600		Sunrise Workout		Sunrise Workout		
0745	Beginner Yoga		Power Yoga			
0830						Ultimate Conditioning
0900	Step & Body Bar	Fat Burner & Abs	Ultimate Conditioning	Fat Burner & Abs	Ultimate Conditioning	
1015	Sweat & Sculpt	Pilates		Sweat & Sculpt	Cardio Step	Yoga & Relaxation
1315	Mom & Baby					
1715	Fit Fusion	Pilates	Kickboxing	Yogalates	Pure Strength	
1830	Instructor's Choice	Pure Strength	Step Challenge	Step Challenge	Cardio Kickboxing	
1930	Yoga		Yoga			

## Blood Drive Results for August:

•A Co—12 Sign in (2 Deferred)

•B Co—5 Sign in (1 Deferred)

•C Co—10 Sign in (2 Deferred)

•Dependents—8

**Thanks to all who were able to donate!**



### DID YOU KNOW...

•Platelets are only good for 5 days! You can donate platelets as often as every 2 weeks.

•Red blood cells only last 5-6 weeks.

•You can donate a unit of blood every 8 weeks.

•WBAMC need an average of 75 units of blood to get through an average day. When we cannot collect enough blood from our donors, WBAMC must purchase blood at a cost of \$250/unit.

•A trauma patient can use 40+ units of blood.

•Leukemia patients can use 30+ units of blood products.

•One unit of blood can sustain a premature infant for 2 weeks.

•Less than 6% of the DoD population provides the blood needed for the entire population. Some of that is due to the restrictions placed on those with past assignment history to Europe or other locations or those recently deployed.

•A wounded deployed soldier may need 8+ units of blood over in Iraq or Afghanistan.

•Due to blood donations, WBAMC has saved \$362,400 for units of blood and \$37,200 for platelets to care for you, your family, or your neighbor this past year.

•WBAMC will be a donor center for the DoD Bone Marrow Donation Program.

•[www.militaryblood.dod.mil](http://www.militaryblood.dod.mil) contains eligibility requirements for donating blood.

## Next FRG Blood Drive October 13, 2005

**1000-1400—In the CAR**

**Our goal is 50 participants!! (10 from each company, 10 family members, and 10 WBAMC employees.) Hope to see you there!**

<http://www.militaryblood.dod.mil>

**Tele-Nurse new hours of operation are 0700 -2300, seven days a week including training and federal holidays, increasing access to professional medical advice.**

The following are some of the services provided by Tel-A-Nurse (569-4444):

- Experienced RNs with advanced computer and telephone skills offering health information
- Triage (assessment) of symptoms to determine the proper level of care needed
- Excellent Customer Service
- Access to Adverse Drug Reaction reporting and triage
- Promotion of Continuity of Care (right clinic/right provider)
- Referrals to wellness programs
- Answers to health questions i.e. medical diagnosis and treatments.
- Educational information regarding newborn and post partum care.
- Guidance for Diabetes Mellitus, hypertension, depression and other medical conditions
- General but accurate information about services offered by WBAMC for our newcomers

## WBAMC Deployed Soldiers' Mailing Addresses

### 2-70<sup>th</sup> AR

Rank, Soldier's Name  
HHC 2-70 AR  
3BCT, 1AD  
APO AE 09378

### 228<sup>th</sup> CSH (Tikrit)

Soldier's Name  
228<sup>th</sup> CSH B Co.  
OIF III, FOB Speicher  
APO AE 09393

### 86<sup>th</sup> CSH

Soldier's Rank/Name  
86<sup>th</sup> CSH  
APO AE 09348

### 581<sup>st</sup> ASMC

Soldier's Rank, Name  
581<sup>st</sup> ASMC  
APO AE 09342

### 85<sup>th</sup> CSC

Rank, Name  
85<sup>th</sup> Medical Detachment CSC  
APO AE 09334

### MNF-1

Name  
MNF-1 Surgeon's Office  
Victory  
APO AE 09342

### 228<sup>th</sup> CSH (Mosul)

Soldier's Rank, Name  
Co\*/228<sup>th</sup> CSH  
FOB Diamondback  
APO AE 09334  
(\*A, B, or HHD)

### 3ACR Support Squadron

Rank, Name of Soldier  
HHT 3/3 ACR  
APO AE 09361

### 249<sup>th</sup> General Hospital

Soldier's Name  
Task Force Strength  
249<sup>th</sup> General Hospital – Bagram (Surgery)  
APO AE 09354

### 3<sup>rd</sup> ACR Support Squadron

Rank, Soldier's name  
HHT 1/3 ARC  
APO AE 09379

### 249<sup>th</sup> General Hospital

Last Name, First Name  
TF Strength/249<sup>th</sup> General Hospital  
APO AE 09311

## Protect Against Identity Theft During Deployment

You can call Equifax at 1-888-766-0008 and put an "active duty alert" on your spouse's credit file. The service is free and automated. Equifax will then forward the information to the other two major credit bureaus (Experian and TransUnion). The alert will stay on his/her file for 12 months and removes him/her from all pre-approved credit solicitations for 2 years.





## October Events

- Oct. 29—Halloween costume contest & party at the Ft. Bliss Bowling Center—568-6272.
- Oct. 29—"Thunder Alley", a state of the art glow-in-the-dark light show beginning at 10 p.m. at the Ft. Bliss Bowling Center.
- Oct. 29—The "Metro Stations", a nightclub for all Enlisted Ranks (lower level of the Centennial on Biggs) will host a Halloween costume contest and party—562-5969.
- Oct. 28-29—YS Haunted House. Call YS at 568-5437 or Teen Center at 568-1211 for more information.



**YESS** has several activities for our children. Dance, tutoring, and SAT prep to name a few. Call Gabriele Johnson at 569-7732 for more information.

### YS Teen Council Forming

Fort Bliss Youth Services is establishing a new Teen Council. This group will be actively involved with the planning and the development of activities offered at Fort Bliss Youth Services, to include organizing teen programs such as fieldtrips, dances, community outreach, and youth sponsorship. Youth between 13 and 18 years of age who want to make a difference within their community are needed! For further information, please contact Gabriele Johnson (YESS, Director) (915)-569-7732.

Ft Bliss Child and Youth Services has a "Middle School and Teen after School Program" Call 569-KIDS for more information.

## AFTB Classes-

For more information call 568-AFTB

### Level 1

Sept 13&14	0900-1430
Oct 4-6	1800-2130
Nov 18&2	0900-1430

### Level II

Sept 20-22	0900-1430
Nov 15-17,21,22	1800-2100

### Level III

Oct 18-20	0900-1430
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**Redeployment Briefs** will be held in building 2912, September 20<sup>th</sup> 0930-1030 and September 22<sup>nd</sup> 1800-1900. Bldg 2912 is on Cassidy, just before the shopette located across from Stout Gym. All spouses of profis personnel coming to the year end of deployment are encouraged to attend.

## Oktoberfest...

**Hosted by the German Air Force Defense Center.**

- **Friday, September 16 7:00 p.m.**  
(Doors open at 6:00p.m.)
- **Saturday, September 17 7:00 p.m.**  
(Doors open at 6:00 p.m.)
- **Sunday, September 18**  
**12:00 noon**  
(Doors open at 11:00 a.m.)
- **All events take place in Bldg. 746 (On Carter Rd./Corner of Pleasonton Rd. at Ft. Bliss)**

Admission for Friday & Saturday is \$25 and includes a beer stein, a Bavarian dinner, and a raffle ticket.

Entertainment by Holledau's Bavarian Brass Band.

Tickets available at Bldg. 516B, Rm. 113, Ft. Bliss beginning Aug. 15<sup>th</sup> Call 568-8923 or visit [www.bwbausaawest.com](http://www.bwbausaawest.com) for more information.

## AAFES Certificate Available

Anyone who wants to support troops deployed to Operations Iraqi or Enduring Freedom can show how much they care by sending "Gifts from the Home-front" gift certificates. They are redeemable for merchandise at all Exchange facilities world wide. They can purchase by anyone, but can only be redeemed by authorized AAFES customers. To purchase, log on to <http://www.aafes.com> or call 877-770-GIFT(4438). Gift certificates come in denominations of \$5, \$10, \$15, or \$20.

## SEPTEMBER AWARDS CEREMONY

MSM'S

CPT (RET) SUSAN E. GILBERT	RET
SSG DANIEL R. BARR	RET

ARCOM'S

LTC GUILLERMO QUILES JR.	PCS
SGT MIGUEL C. FLORES	PCS
SPC LISA HAAG	SVC

AAM'S

MAJ THOMAS S. BUNDT	ACH
1 <sup>ST</sup> LAURIE KWOLEK	ACH
CPT JAMES M. ANDERSON	ACH
CPL CRAIG F. SIMMONS	ACH
SPC THOMAS M. COLBERT	ACH
SPC MICHELE DOUTY	ACH
SPC BRANDON HUFFMAN	ACH
SPC TAL NEUMANN	ACH
SPC ANDREW L. RUSCH	ACH
PFC LAURA K. BRUANING	ACH

COA

SPC DARIN BACH	ACH
MR. FRANK SALAZAR	ACH

ICU DEDICATION CEREMONY

LTC JOAN W. LANCASTER	ACH
CPT (RET) SUSAN GILBERT	ACH

COMMANDER'S AWARD FOR CIVILIAN SERVICE

MR. LEON KRZEMIEN  
MS. NINA J. DOUGLAS

COINS

MAJ EDGAR JIMINEZ  
MR. JESSIE LARSEN

WEAPONS QUALIFICATION

SGT SONYA ROSS  
SPC JOHATHAN L. BOWENS

FRG

MRS. CINDY BARRINGTON	WBAMC COA
MRS. KC RHON	WBAMC COA

PATIENT SAFETY

JUNE 2005:  
MS. MARY JENKINS  
MS. MARY REITH

JULY 2005:

SPC TANYA BELL  
SPC JAMES BRYADT  
MR. MIGUEL NEVAREZ

YEARS OF SERVICE AWARDS

MR. CLARENCE LEBLANC	35 YEARS
MS. SUZANNE M. PASSINEAU	35 YEARS
MR. THOMAS ROBINSON	35 YEARS
MS. REBECCA S. NEWMAN	25 YEARS
MS. PATRICIA L. ROMERO	25 YEARS
MS. CELIA R. ROMIKE	25 YEARS
MS. ANGELINA B. RUEDAS	25 YEARS
MS. OCTAVIA JOHNSON	20 YEARS
MS. BEATRICE MIDDLETON	20 YEARS

CIVILIAN OF THE MONTH

MR. ALFREDO G. CAMPOS

RED CROSS VOLUNTEERSHEALTH FAIR:

MRS. LESLIE REED AND DOG PHOEBE	COA
MRS. DINA WHITEHOUSE AND DOG PICABO	COA/COIN
MR. DANA WRAY	COA
MRS. GARIELA SMYTH AND DOG MINNIE BELLE	COA

100 VOLUNTEER HOUR CLUB:

ARELINA ATKINS	COA
YVONNE CARR	COA
ORA HUTCHISON	COA
BELINDA MUIRHEAD	COA
JANET RIVERA	COA

CUSTOMER RELATIONS EXCELLENCE CERTIFICATE

TELEPHONE ADVICE NURSE LINE

## Please Note:

There is no Training Holiday scheduled for either 10 Oct., 2005 (Columbus Day) or 11 Nov., 2005 (Veteran's Day).

### FRG Positions Available:

- Assistant Coordinator
- Hospitality
- POC's

If interested please call Mary Fran.  
585-1975

### Troop Command & Other Phone Numbers:

LTC Melendez.....	569-2927
SGM Adams.....	569-2913
TRICARE Appointments.....	680-7600
WBAMC Chaplain's Office.....	569-2235
After Duty Houser (AOD).....	569-2121
Family Readiness Group.....	569-2728
Ft. Bliss Army Community Service....	568-1132

## Informative Websites

Please visit [www.blissmwr.com](http://www.blissmwr.com) for more information on regularly scheduled activities and MWR facilities.

<http://www.estripes.osd.mil/> for the Stars and Stripes Newspaper

Army Once Source is a 24-7 information and referral service available to active duty and demobilized National Guard and Reservists, deployed civilians and their families world wide.  
[www.armyonesource.com](http://www.armyonesource.com)

The post office will mail you priority boxes, labels, & tape free of charge. [www.usps.com](http://www.usps.com) or 1800-610-8734

Learn more about military "lingo":  
[www.fas.org/news/reference/lexicon/acronym.htm](http://www.fas.org/news/reference/lexicon/acronym.htm)

For children & teens:  
<http://www.operationmilitarykids.org/>

For articles on deployment/redeployment:  
[www.myarmylifetoo.com](http://www.myarmylifetoo.com)  
[www.hooah4heath](http://www.hooah4heath)  
<http://www.ausa.org/family>

Deployment Health and Family Readiness Library:

<http://deploymenthealthlibrary.fhp.osd.mil>

DoD Deployment Health Support:  
<http://deploymentlink.osd.mil>

NEW Spouse job search site:  
[www.militaryspousejobsearch.org](http://www.militaryspousejobsearch.org)

[www.Military.com/spouse](http://www.Military.com/spouse) Connects military spouses with educational options, scholarships, training programs, career planning tips and employment opportunities.

### Hurricane Information Websites:

National Military Family Association:  
[http://www.nmfa.org/site/PageServer?pagename=hurricane\\_Katrina&printer\\_friendly=1](http://www.nmfa.org/site/PageServer?pagename=hurricane_Katrina&printer_friendly=1)

AKO Hurricane Katrina Information Center:  
<http://www.us.army.mil/suite/portal/index.jsp>

[www.redcross.org](http://www.redcross.org)

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**WBAMC-Family Readiness Group**

**5005 N. Piedras**

**El Paso, TX 79920**